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PCS - Brampton News

Our **April 13th** Zoom meeting featured **Christina Dzeduszycki**, a Physiotherapist based in Ancaster who is an outstanding speaker and motivator. Christina practices close enough to Brampton that we can in fact visit her clinic. See Page 2 for more information.

Our **May 11th** Zoom meeting will be a **Sharing Evening**. Bring your questions and be prepared to listen to.

We apologize for the torrent of emails that you have received about Zoom sessions from other Prostate Cancer Support chapters. We suggest that you get in the habit of checking for topics of interest at <https://prostatecancersupport.ca/calendar/>

To “fourpeat”: **The Zoom World is here to stay**. We will gladly help **YOU** join the 21st Century. Please do not hesitate to ask. We would love to see you virtually. 😊

So as of May 7th, we are apparently on the downward side of the Third Wave of the coronavirus pandemic. Maybe. I have almost stopped listening to the news, as there are so many conflicting statements coming from the authorities.

Most of us have had the first of our two shots. I received my first shot of the **Moderna** vaccine on March 24th and the second is scheduled for July 14th. That is assuming that there is sufficient Moderna on hand by then. If not, I fear that I may be obliged to accept the **Pfizer** vaccine in its place.

From what we have heard from our members and others, the best vaccine clinic in our area is definitely at the **Brampton Civic Hospital**. The process is both quick and smooth and you will receive a voucher for your parking fee when you are checked out.

So please, everybody, continue to follow the simple rules – mask up, maintain distance, avoid unnecessary trips and small group meetings, wash your hands frequently and well. Above all, **GET VACCINATED!** You are both loved and needed.

Jim Dorsey – Acting Newsletter Editor
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Next General Meeting, Tuesday, May 11th, 2021 – 7 p.m.



This will be another **Open Discussion** or **Sharing Evening**. Those who have attended previous such meetings seem to have found them valuable, as they keep coming back. It's a chance to talk in a relaxed setting about the issues that concern us.

There is much to be gained through such meetings. I find it hard to decide whether the ones asking the questions or the ones answering get more out of the experience. Sharing truly is an expression of caring.

Join us on May 11th – friends and family are welcome to attend!

This is the Zoom Meeting link for our General Meeting:

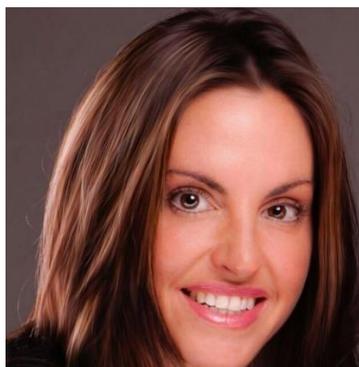
<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGvzBnTE0yeGFpZz09>

If this is your first Zoom experience, please DO attempt to join the meeting now using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. Once you have successfully connected, you can **Leave** the meeting.

You can contact me for assistance at 905-453-3038 or jfdorsey@yahoo.com. **Karl Leutner** has also consented to be a Zoom resource. Karl can be reached at 416-333-1947 or khl@sympatico.ca

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We look forward to seeing you online on April 13th.

Last General Meeting, April 13th, 2021



Christina Dzieduszycki discussed the physiology of urinary incontinence and treatment approaches that can help greatly with urinary incontinence and other pelvic health issues.

As was the case with the PCS Burlington meeting where we first encountered Christina, the audience of 20 members and guests was extremely receptive and asked many questions.

Christina has published a number of YouTube recordings of interest. Click here to see what is on offer: [Knew Life Workshops & Presentations](#)

She specializes in exercise programs that help her patients to recover from current injuries or conditions like urinary incontinence and to better deal with any future issues that might arise. Browse her website for more information.



My Story – Gary Foote

In the fall of 2005, at the age of 54, I went to see my family doctor regarding a nasty sinus problem. While he was at it, he suggested that I get a PSA test. It came back at 31 and he put me on anti-biotics for 2 weeks to see if it might be an infection. The follow up test was a 37 so he lined me up with a Urologist, **Dr. Flax**. The initial DRE was inconclusive, a biopsy came back as a Gleason 7. The combination of Gleason 7 with a PSA over 20 put me in the **high risk** category. After a follow up Cat Scan & Bone Scan I was scheduled for surgery in early March 2006.

Long before my own diagnosis and treatment for Prostate Cancer I had already had a lot of experience dealing with Urologists. As a university student with medical aspirations, I worked both summers and weekends as an assistant in a Urology Ward at the **Toronto East General Hospital**. I worked with several excellent Urologists including **Drs. Ortvad, Sutton, Ainslie and Forder**. Dr. Forder was the youngest of the group and someone I thought might have still be practicing when I went to my own Urologist to get the results of my Biopsy. After the less than wonderful news, I brought up the subject of Dr. Forder to see if my Doctor knew him. As it turns out he did; however he told me that Dr. Forder had died recently from advanced Prostate Cancer. Just the news you need at a time like that.

Before the surgery I had been put on **Lorazepam** to help me sleep due to my severe sinus problems. While my surgery was pretty standard and the first few days unremarkable, I hit a wall when they discontinued the morphine. Lorazepam, it turns out, can cause significant withdrawal symptoms if you stop it suddenly. This was masked by the morphine and when they cut it out I was in for a very rough ride that Friday night. I've seen drug withdrawal portrayed on TV but that doesn't do it justice. Throw in considerable pain when the morphine wears off and it's not a very pleasant experience.

After I went home, I had the catheter in for about 2 weeks. I remember Dr. Flax saying to bring pads with me as I would be incontinent after the catheter was removed. Incontinent I was and it took the better part of 4 months to largely get things under control. To this day it's not 100% but it's not unreasonable. Unfortunately, impotence is another common side effect of surgery and I got to experience that as well.

I had my surgery on March 6th, 2006 and was able to get out to the golf course around the end of April. Walking and hitting a golf ball were fairly comfortable. The ride to the course not so much, as I felt every bump along the way. That took some time to go away. Padding was also a problem on the course for a while as 4-5 hours of non-stop dripping will overwhelm most pads. But I was able to play golf again, so I was happy.

I joined the Us Too Brampton group, now PCS Brampton, that year and have been with them ever since. [**Editor's Note: Gary has been our Treasurer since 2006 and is one of our "usual suspects," willing to take on any task that needs to be performed. We are so grateful for his devotion to the cause.**]



Upcoming Prostate Cancer Support Meetings / Events:

Hard of hearing? We have added Closed Captioning to our Zoom Meetings. It is still in the "BETA testing" stage, so it's not perfect yet, but it has helped and it has come up with some entertaining transcriptions!!

Thursday, May 6th at 2 p.m. via Zoom
PCS Vancouver, [Clinical Trials of Lutetium 177 for Advanced PCa.](#)

Tuesday, May 11th at 7 p.m. via Zoom
PCS Brampton, Open Discussion or Sharing Evening.

Thursday, May 13th at 7:30 p.m. via Zoom, Registration Required
Prostate Cancer BC, [Active Surveillance Nationwide Support Group.](#)

Wednesday, May 19th at 7:00 p.m. via Zoom, email walter.eadie@cogeco.ca
PCS Oakville/Mississauga, Justin Lorenz, "Prostate Cancer Genetics – Where We are Now and What's on the Horizon".

Wednesday, May 26th at 7:00 p.m. via Zoom, email info@pcstoronto.ca
PCS Toronto, Dr. Andrew Mathew, "Psychological Aspects of Dealing with Prostate Cancer".

Tuesday, June 8th at 7 p.m. via Zoom
PCS Brampton, Speaker and Topic to be announced.

Sunday, September 11th, 2022 at 10 a.m.
POSTPONED 14th Cruisin' for a Cure Canada, CAA Centre.

NOTE: We are always looking for speakers of interest to our members.

Please, please, PLEASE share your interests, contacts and suggestions with us!

For the balance of the pandemic, we will carry on to the best of our ability, but now more than ever we need YOUR input. Who do you want to speak at our virtual meetings? What topics would you like to see covered? What would you be willing to contribute to the operation of the group? We still need to attract more people to help with our month-to-month operation. We have so much left to do in our community, both supporting those affected and increasing public awareness!

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

Jim Dorsey, Acting Speaker Coordinator: Email: jfdorsey@yahoo.com

[Ontario Groups Working Together](#)

Following the regrettable demise of **Prostate Cancer Canada**, virtually all the leaders of the **Prostate Cancer Canada Network** chapters around Canada have been seeking new ways to support men with prostate cancer and to support research into the causes and treatment of prostate cancer. The **Prostate Cancer Foundation BC** is leading an effort to create a national support organization. We are involved in this effort and we will keep you informed as it proceeds.

Here in Ontario, extraordinary efforts by **Winston Klass, Keith Braganza & John Roth** from the **Toronto** group, **Walter Eadie** from **Oakville/Mississauga**, **Glen Tolhurst, Gary McCreight & Bill Faulkner** from **Waterloo-Wellington** and **Bob Allan** from **Burlington** have led to a steadily increasing level of cooperation among the various groups. We are working on developing an effective way of facilitating communication and cooperation among the group leaders on our common concerns AND better ways to offer support to those affected by prostate cancer.

We foresee a time when those seeking assistance can obtain it at any time of day or night. Through Zoom, it should be possible to find a support group meeting somewhere in Canada – or possibly the world – almost any day of the week. Mechanisms to accomplish this are under development.

In the meantime, we will attempt to keep you advised of relevant meeting announcements as we receive them through email.

Following is a list of the various local groups that hold regular meetings. For now, all meetings are being held virtually using the Zoom platform. All groups welcome anyone interested in the subject of prostate cancer, whether you are a patient or a caregiver or are just interested in the subject. Always remember that you are **YOU ARE NOT ALONE NOW** and that there are no stupid questions.

Burlington pccnburlington@gmail.com for information. LAST Tuesday of the month @ 7 p.m.

Mississauga/Oakville <https://www.prostatecancersupport-oakville-mississauga.ca> Third Wednesday @ 7 p.m.

Toronto <https://pcstoronto.ca/> First and third Tuesdays @ 7 p.m.

Waterloo-Wellington <http://pcsg-waterloo-wellington.ca> Fourth Tuesday @ 7 p.m.



To Better Times Past & Future!



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[Some Resources Worth Considering](#)

Prostate Cancer Support Canada (<http://prostatecancersupport.ca>)

PCS Canada offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. *"Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?"*

<http://ifiweretom.ca/>

The Calendar of events across Canada is now available [HERE](#). Check time zones!

Us TOO International (<https://ustoo.org/>)

Us TOO helped us start our support group in 1994. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs yield extensive information on every topic that we have ever discussed and a few that we have not!

Their events are listed [HERE](#).

Current and back issues of the **Us TOO Hot SHEET Newsletter** are available at our physical meetings. at [HERE](#).

[ADT Online Educational Program](#)

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones*](#).

The next online sessions for 2021 will be held on **Tuesday, May 18** and **Wednesday, June 16**, both starting at **6 p.m. Eastern Time**. To register, fill in the brief form at [HERE](#) or send an email to LifeOnADT@gmail.com.

NOTE: In-person classes are offered at:

Princess Margaret Cancer Center. To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

Barrie-Simcoe Muskoka Region Cancer Center. To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.



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[Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you via a telephone call or a Zoom virtual meeting or physically a physically separated meeting at a convenient time and place. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of the month from **September** through **June**.

Steering Committee Meetings are held on the **LAST THURSDAY** of each month, **September through June**, at 7:00 PM. If you wish to attend Steering Committee Meetings, email jfdorsey@yahoo.com to confirm day & time and obtain the Zoom meeting link.

For the duration of the Coronavirus pandemic, both General and Steering Committee meetings will be held virtually, using the Zoom platform.

Family members, friends & supporters are always welcome at any of our Meetings!

[PCS - Brampton Voice Mail:](#) (905) 458-6650

[Jim Dorsey:](#) (905) 453-3038 jfdorsey@yahoo.com

**Note that we accept phone calls and one-on-one meetings throughout the year. **

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

[Regular "Snail Mail" Costs Money – Please Consider Email](#)

Regular printing and mailing now costs us over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact:
Gary Foote, 905-458-6650, E-Mail: visact@rogers.com

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <https://www.pccnbrampton.ca/newsletters/>